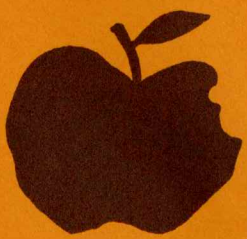
PERSONAL DEVELOPMENT SERIES

Co-Sponsored by

LACOLLE CENTRE
for educational innovation

AND

LIFE
education
PROGRAM



PROGRAMME

AFTERNOONS

Women on Campus

Thursdays: Nov. 8 - Dec. 6.
4:30 p.m. to 6:00 p.m.
RESOURCE PERSON: Leslie Rouse

Participation workshop for the modern day woman, who seeks to explore her potential in relation with other women, her life plans and her interactions within the campus environment.

Earning a Living Living my Style

WEDNESDAYS: Nov. 7 - Dec. 5
RESOURCE PERSON: Sup Mei Graub
Maryse Raynor

Participation workshop providing opportunities for both men and women to project and explore various careers of interest and their related life styles associated with those careers. In addition, participants will have opportunity to explore the following questions: Who Am I? What Am I? What Do I Want? What Steps Do I Need To Follow To Get There?

Communication

Mondays: Jan 21 - Feb. 25.
4:30 p.m. to 6:00 p.m.
RESOURCE PERSON: Nancy Cullen
Maryse Raynor

This workshop will be experimental in nature and will provi
pants with the opportunity to develop and increase skills in effective verbal and non-verbal communication. Through guided experiences, group participants will have opportunity to experience factors that demonstrate conditions which hinder or provoke effective communication.

Relationships & Communication

Wednesdays: Jan. 23 - Feb. 27.
4:30 p.m. to 6:00 p.m.
RESOURCE PERSON: Nancy Cullen
Maryse Raynor

A participation workshop which will provide opportunity to discuss and explore various subjects such as lifestyles, various forms of contractual marriage, personal and inter-personal relationships and attitudes related to human sexuality. Areas of discussion will be designed around interest and suggestions of participants.

Human Relations Weekend

Nov. 16, 17, 18 at Lacolle Centre
RESOURCE PERSON: Gavin Turley
Sup Mei Graub

An opportunity to explore how we relate with other people, how we affect others, how others affect us, and how we are perceived by others. An aid to self understanding and creation of more satisfying relationships

WEEKENDS

Sexuality-Identity & Expression

Feb. 15, 16, 17 at Lacolle Centre
RESOURCE PERSON: Bob Nagge
Maryse Raynor

Toward a better understanding of our sexuality and how our patterns of behaviour with others derive from this dimension in our relationships

Fathers, Mothers, Sisters, Brothers

Mar. 8, 9, 19 at Lacolle Centre
RESOURCE PERSON: Raye Kass

This is a weekend for looking at what the experience of being the oldest or the youngest, the only girlor the only boy, a member of a large family or a small family has to do with the way we express ourselves and relate to other people

REGISTRATION INFORMATION

If you are interested in any part of this Series, please complete the form on the reverse side of this page, tear it off, and mail it or drop it in to Marilyn Taylor, Student Services (AD-135). Please inform us of your wish to participate in any given program at least ONE WEEK IN ADVANCE OF THE BEGINNING DATE OF THE PROGRAM. Since the Series has been planned for the entire year, you may register for any program in the series as far in advance as you wish.

IMPORTANT NOTE: Since each of the four discussion workshops are designed as one continuous program on a weekly basis, it is important to the program and other participants that anyone interested be prepared to attend throughout the full six weeks.

FURTHER INFORMATION on any aspect of the Series may be obtained from:

PETER RICHARDSON - Lacolle Coordinator
HH ext. 243
MARYSE RAYNOR - Guidance Centre
ext. 475
NANCY CULLEN - Health Services
ext. 480
MARILYN TAYLOR - Student Services
ext. 343

RESOURCE PERSONNEL

BOB NAGGE/ staff - Dept. of Applied Social Science at SGWU & the Centre for Human Relations & Community Studies. Resource person on sexuality programs through Montreal, Quebec and Ontario.

RAYE KASS/ staff - Dept. of Applied Social Science at SGWU & the Centre for Human Relations & Community Studies. Family consultant - Resource person at Loyola and other institutions.

GAVIN TURLEY/ Exec. Director of Westmount Y.M.C.A. Trainer - Centre for Human Relations and Community Studies. 8 years experience in human relations groups.

MARYSE RAYNOR/ part time work at Loyola Guidance Centre. Staff assistant - Centre for Human Relations & Community Studies. Conducted groups at Loyola & other institutions and agencies.

LESLIE ROUSE/ part time work at Loyola for field placement master's program at McGill - youth and school services group work. Has worked with groups concerning women.

SUP MEI GRAUB/ part time work at Loyola Guidance Centre. Working on doctorate at McGill in Counselling - family counselling. Conducting in a course on group process.

Marilyn Taylor Program Development

Booklet Produced by **Don Soulsby**

with Assistance of **Laurien Hawke**

and **Maureen Cullen**

1984-85

ABOUT THE SERIES

The PERSONAL DEVELOPMENT SERIES is intended to provide a variety of opportunities for us to look at ourselves, our attitudes, values and behavior patterns in relation to some of the PERSONAL LIFE ISSUES which face us all. It is hoped that the series will be an aid to SELF-DISCOVERY, PERSONAL DECISION-MAKING and GROWTH.

Through workshops on campus during the week and weekend programs at Lacolle the Series will offer a focus on such issues as work, leisure, marriage, human relationships, human communication, family relationships and sexuality. Each program is intended to make a different contribution to the question of LIFE STYLES and INDIVIDUAL CHOICE in a world of accelerating change.

"FOR EDUCATION THE LESSON IS CLEAR: ITS PRIME OBJECTIVE MUST BE TO INCREASE THE INDIVIDUAL'S 'COPE-ABILITY' - THE SPEED AND ECONOMY WITH WHICH HE CAN ADAPT TO CONTINUAL CHANGE."

- ALVIN TOFFLER-
FUTURE SHOCK